

**I. Amendments to the Abstract:**

Please amend the Abstract as follows:

A conduit is provided for use in association with an air conditioning or refrigeration system. Conduit has first and second conduit portions, and swivel providing fluid communication between first and second conduit portions. Swivel permits rotational movement of the first conduit portion relative to the second conduit portion. Swivel is constrained to prevent linear movement between the first and second portions at the swivel. Conduit also has a fitting for external connection of the conduit to a pressure port of air conditioning or refrigeration system, ~~fitting for fluid communication with the first and second conduit portions.~~ The conduit provides sealed fluid communication from first conduit portion, swivel and second conduit portion to air conditioning or refrigeration system when fitting is connected to air conditioning or refrigeration system. There are also conduit adapters, injection hose assemblies, and charging manifolds with swivels, and methods of utilizing such conduits and swivels.